

**Big Idea:** Encourage students to reflect on what they believe

**Supplies Needed:** paper, pencils

**Lesson Length:** 30 minutes

**Age Level:** middle school or high school

Begin the lesson by saying something like: "The word creed literally means, 'I believe.' We all live by one form of creed or another, even if the creed isn't written down. We all choose to follow a particular belief system that shapes our values and goals and decisions. Today we will consider what we believe, and why. You'll have the chance to create your personal statement of belief."

Distribute paper and pencil to each teenager. Offer the following four statements for your students to complete.

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Then ask them to write a personal belief statement or creed based on their responses.

- The belief I hold most strongly is \_\_\_\_\_
- The values I hold most dear are \_\_\_\_\_
- I would describe myself as being \_\_\_\_\_
- What I hope to do for others involves \_\_\_\_\_

Once the teenagers have written their creeds, invite them to share these aloud. Post the creeds on a youth ministry wall, or ask the students to take their creeds home and put them in a visible spot. Challenge the teenagers to live by their creeds and to use their personal statements of belief as reminders of why they want to continue growing in their relationship with Jesus.

If your students need a little nudge to get them going, consider sharing the Apostle's Creed with them.

**The Apostles' Creed (Traditional)**

I believe in God the Father Almighty, maker of heaven and earth;

And in Jesus Christ his only Son our Lord:

Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, dead, and buried. He descended into Hell. The third day he rose from the dead; he ascended into heaven, and sitteth at the right hand of God the Father Almighty; from thence he shall come to judge the quick and the dead.

I believe in the Holy Spirit, the holy catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen